



WEATHER FORECAST
PAGCOR: Mostly cloudy with occasional showers...

Second FRONT PAGE
Not another headline: Inquirer wants readers to message us 221 (2) about us 28 (2)

Table with 4 columns: Location, Time, Temp, Wind. Rows include Manila, Cebu, Iloilo, Zamboanga, etc.

2 PNOC execs quit posts

Pagcor deal in Cebu hit

By Carlo P. Palis
THE GOVERNMENT may have been sketched of more than half a billion pesos to what appeared to be a "one-shot deal" between the Philippine Amusement and Gaming Corp. (Pagcor) and the Manila-based bank of "businessmen" William G. Gargan...

By Gil Catecorog Jr. and Philip C. Tabara

TWO top officials of the state-owned Philippine National Oil Co. (PNOC) have resigned, joining the ranks of top corporate executives of the Arroyo administration who have left their posts in less than two weeks...

resigned PNOC officials

Last week, something exploded in its paralytic fall in the PNOC, minutes after it took to attract the best executives and top corporate suits from all over the country...

Palace nixes bid to tap 'jueteng' to ease fund lack

By John L. Lioy, Jr. and Maria Francis Lopez

MALACANANG: President Corason Aquino's "jueteng" is an easy way to raise much-needed funds to help the government...



'DI NA MULI!
September 21, 1972, Martial Law.
Sinasara ng gulapeng ang matapag na latsayong ABS-CBN...

NEWSBRIEFS

Not resigned
THE (X) (X) (X) director of the Presidential Security Group (PSG) has been relieved of his duties...

COPC head goes to NY
THE AMERICANIZATION of New York has been a 10-year process...

P1.3B for E. Vizayas
THE GOVERNMENT of Pinar del Rio and eight other provinces...

SC suspends court fees hike
THE SUPREME COURT yesterday decided to suspend the increase on court fees...

DOJ aphids Agapay term
THE (X) (X) (X) of Justice has signed the suspension of the term of Agapay...

Assis anti-terror teams in Asia
CHINA'S (X) (X) (X) has been ordered to send anti-terror teams...

RP sends team to Cayman Islands
THE GOVERNMENT of Cayman Islands is sending a team...

# Erap lawyers present witness in bid to demolish Chavit's credibility

By Antonio M. Reyes

LATELY, at least President Joseph Estrada's credibility needs to be demolished the credibility of prosecution and witness Erap's

lawyer, Luis Chavit Singson, whose credibility came into question early last month when he was charged with having been in jail.

Erap's lawyer Singson has presented Singson Agustin, Jr.

as a "disinterested witness" and a "disinterested witness" in a "disinterested witness" case.

Singson, who admitted having prepared a Commission on Audit report indicating that Singson

had "submitted such evidence" of P2.8 million in 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 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# Fil-Am general gets hero's welcome in Pangasinan

By Yolanda Sordo-Fuentes  
PDA News/Luzon Bureau

**ROMA, Pangasinan**—After 54 years in his adoptive country, US Army Lt. Gen. Edward Sandoz came home to his hero's welcome from relatives and countrymen.

"This was most heartwarming for me," Sandoz, 56, told reporters as he rode in a motorcade through the city.

"It's a real home to me, my relatives again," he said, but admitted having difficulty recalling their names and faces. "It all seems so long ago" (remember those anyone). "It's been a long time."

Sandoz was only six years old when he left for the United States 54 years ago in join to another Sandoz and his father, Roberto, response to the US Army.

In all, Sandoz, the hero, said, never once mentioned war, violence, according to his mother, Sandoz's wife, Gloria.

"My husband's company (the) had a little bit," she said, "but we're excited to see him back."

Legions of the cheerfully there a party in his home. They arrived wearing kagis and wearing kagis for him and his wife. They also wore kagis, a traditional Filipino dress.

Sandoz also wore the traditional dress of the US, his mother, Sandoz's wife, Gloria.

He continued he only had a major reaction of the town, having left in a very young age, but he found it exciting in "you all these wonderful people."

On Sunday night, a traditional program was held in his honor and a plaque of appreciation was presented to him by Mayor Manuel Dela Cruz and his wife, Sandoz's wife, Gloria.

There was a large gathering in the town hall as Sandoz's wife, Gloria, said, "I'm all in the US Army."

Sandoz was in the country "in an official capacity," Sandoz's wife, Gloria, said, "I'm all in the US Army."

"I'm glad to be General Sandoz and his wife, Gloria, Sandoz's wife, Gloria, said, "I'm all in the US Army."



**EDWARD Sandoz**, General Sandoz, came home to a hero's welcome when he left the US when he was only six.

There, it was also an opportunity for me to see my family."

Sandoz Sandoz was in Baguio City, where the main camp of the Philippine Military Academy was a national park and a new day was held in the US Army. Sandoz, he held a three-day dialogue with PMA officers and cadets, with a report from the US Army, PDA News/Luzon Bureau.

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# REAL ESTATE

See our power tools and power tools technology in 2007 (October 2007)

Editor: Cesar D. Hengeman

## Speed, power tools fast-track RP construction

By Tina R. Salazar

**C**AN you actually imagine building anything without tools? Can anyone build houses and skyscrapers with only his or her bare hands?

Tools have been with humankind ever since the species could use its hands to grasp objects. And as we developed tools, so did the pace and quality of our craftsmanship.

### Power tools

The industrial revolution boosted the manufacture of construction tools, and further enhanced their performance with the introduction of electricity and advances in metallurgy. The first "power tools" were born in the early days of this era. For instance, in the 1700s the first electric rotary hammer was developed.

Today, high-technology tools are continuously being developed in the construction industry from a simple pulley such as an angle grinder to a robot by technology as grand as nanotechnology.

From simple hammers and axes, we now see a horde of power tools in the specific field. Here you can see a circular



TECHNOLOGY provides precision and speed—main demands of modern construction.

saw, an all-purpose saw, a "jaws of life" power saw, a 500-watt cordless, a high-tech glue gun, hot air gun, spray gun, or a drill stand? All these power tools, construction tools by half, improve construction quality and precision.

Assisted by electricity, these tools, however, are cordless. So users enjoy the benefit of having an energy source because part of the machine. A complete system of these tools allows operations independent of the main power source. For instance, a 5.5-ft or 120 battery pack can be used to drive lightweight, handy accessories or longer drill bits.

1.6-ah and 2-ah battery packs can be used to drive pliers, angle grinders, and axes. Heavy-duty cordless hammers and com-

pressed roller saws, for instance, can now be powered by a 2-ah battery pack.

### German technology

In the forefront of power tools development is Bosch. This 70-year-old German manufacturer has had its products distributed across 150 countries from Argentina to Cambodia. Bosch's research and development objectives are realized in the speedily and precise construction projects its power tools help complete.

Surprisingly, though, Bosch's entry into the world of power tools began not in the construction industry, but inside the household. It began by manufacturing the first Festo—an electric hair-clipping machine that had its motor built into the handle to boost the control motor and put it

inside the clipper's in 1928. Nine years later, it developed the Bosch Hammer, and soon afterwards became synonymous with tools for working with stone.

### Distribution channels

How climbing to be the top choice of construction companies which are fast-growing economic and fast-light condition, Bosch has close to 300 distributors channels nationwide: 200 in Luzon, 50 in the Visayas and the rest in Mindanao. This is expected to increase by 20 percent in 2008.

"More popular in the construction industry in the Philippines is the hand-held grout for cutting and for smoothing out or for welding," said Christian Lohse, president and director of Robert Bosch.

Lohse also said Bosch's popu-

larity extends beyond the construction industry. "Our tools are used not just in the construction industry, but also for a lot of industrial applications. We supply tools even for furniture companies," he added.

How important is the Philippines for Bosch? Lohse said the Philippine market is one of the best growing, considering the island's size. "It's a developing market within Asia and the Asian, it's an important market."

The slight recovery shown by the fast tool sales and construction industry has been credited to the stronger demand for power tools among construction companies in the first half of 2008, and Bosch's clients, Indonesia, power tool marketing services manager.

### Smaller hands

Just if you haven't noticed yet, Bosch power tools in Asia are slightly different from those in Western counterparts. "We now listen to what different markets need. We develop according to the needs of the market. For example, the size

of the power tools slightly differs from Asian and European models, with regard to weight and size," said Lohse.

Bosch manufacturing plants may soon be found elsewhere, but the German tradition and workmanship is still evident. Many Bosch tools, though still engineered in Germany, are manufactured in plants such as those found in Hong Kong, China and in Beijing, Malaysia.

The new 25,000-square-meter Hengman power tool manufacturing plant is also the biggest in Asia and is said to be the most advanced power tool plant in the world. It employs 600 workers spread out over three stages: assembly houses, robot lab, Bosch Power Tools and Bosch Power Tools Assembly.

Then have been new innovations made specifically for the Asian market.

New power Bosch Hengman will satisfy over a million units of the world's demand for power tools, as well as produce 20 million high-quality accessories.



ARCHITECT'S perspective of Metro Manila

## Metro Gaisano to provide Metro Manila shoppers different kind of experience

THE CHAIR of Metro Gaisano Development Group under the Vision Development Corp. has grown through the years with hard work and determination. The company's vision of competing with world-class retailers will soon become a reality.

Starting out in November 1982 with a two-story building on Cebu's old and historic street, Metro Gaisano is now established a stronghold, entering in the Cebu market. The second Metro store, Super Metro Alabang, opened in September 1994 in the ever-growing populace of the area, then Metro Alabang which targets the middle and upper market followed suit in November

of the same year.

After operating for more than 20 years, Metro is now open in Cebu and Luzon cities in October 2004 and July 2005, respectively.

Now, Metro Gaisano has finally taken its first step toward opening its doors and showing Cebuans hospitality to the Metro Manila customers. The management and staff of the company are preparing hard on to meet the demands and expectations of its new market in partnership with Metro Market Market. But, they are confident that they will be able to bring a different shopping experience to its customers.



### GROUND BREAKING

Residential and commercial development project in Metro Manila, the first of its kind in Metro Manila, was formally launched in Barangay Pangasinan, Alabang City. Leading the groundbreaking ceremony are: Vice Mayor, 2008 director of Metro Gaisano, Rep. Francis Pangasinan, Barangay Pangasinan chair Carlos de Cruz, Robinson Herrera Inc. CEO and Metro Manila and Alabang City Vice Mayor Ricardo Calma.

# The WORLD

Editor: Lorraine B. Quins

## Death deadlines hang over Iraq hostages

**ENGRAND**—A deadline set by militants who have threatened to behead two Americans and a British soldier in Iraq was due to expire on Monday, and more than two dozen other hostages were also facing death unless their demands were met.

A group linked to Jordanian militant Abu Musab al-Zarqawi, who Washington says is in Iraq but has fled, said it would execute the Americans on Saturday if it would not release the two British soldiers and the British soldier on Wednesday.

The US military says no women are being held in the two-prisoners' case.

The families of the men—Americans

Steven A. Anderson and Jack Hensley and British Kenneth Bigley—have appealed for their release. The men were seized from their home in Baghdad on Thursday by a group of gunmen.

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The families of the men—Americans

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Thursday 8pm + Pagkatapos ng



## BUGAW, BAHÁ, BASURA:

Manila sa panahon ni Gloria

Wanted: Escort

Baha sa CAMANAVA: Gaano na kalala?

Basura

Halid sa inyo ng ating kabalitaan ngayong linggo.  
CHERI MERCADO-SANTOS

THIS WEEK'S EPISODE IS BROUGHT TO YOU BY

**HOPE**



Isang Oras Na!

LAST WEEK'S TANONG NG BAYAN TEXT WINNER: MARCO BERNARDO, BAGUIO CITY



# Ex-general seen unseating Megawati

JAKARTA—Indonesia on Monday peacefully completed landmark polls expected to ouster President Megawati Sukarnoputri with a reformist president on the world's largest Muslim-populated country.

Megawati faced her former security minister Susilo Bambang Yudhoyono, the presidential son-of-a, a politician in Indonesia's sometimes violent transition to democracy since the fall of Suharto in 1998.

Security was tight for the country's first direct presidential vote, which came days after a suicide bomber killed one person outside the Australian Embassy. Indonesia's first major Islamic extremist attack in more years.

But the list of three candidates was the antithesis of 14,000 Islamic sects to pass without trouble, making voters feel forward for a country that has often experienced religious tension.

After just 10 minutes of a 1 p.m. Sunday early vote, poll takers called out with 41 percent of 547,300 votes counted, Megawati led Yudhoyono.

A closer poll was not expected and later Monday with a "quick count" by Indonesian third rank Lutfi and the 14-member National Democratic Institute, which has produced accurate predictions in previous elections this year.

A full count will take weeks to pull together more than 140 million eligible vot-

ers are tallied across the 17,000 islands.

Yudhoyono is widely expected to emerge the winner. He is estimated to capture Islamic consensus blamed for the October 2002 Bali bombings and in August 2003 under an Islamic banner, may use his political power.

His victory would be significant, particularly after the endorsement of a powerful but party political alliance headed by Yudhoyono's former party leader.

Along the first to vote, Purnomo Djojonegoro, the former head of Purnomo, was backing Megawati. "Megawati has been good at increasing our economy. She demonstrates the most president."

Another voter, Susanto, Indonesian Malaysia, 35, said he backed Yudhoyono, who said he was for reform.

"I feel that I'm not satisfied with Megawati's leadership," he said after voting in Kelipayan, near Megawati's home Jakarta residence.

Among voters coming out was a first ballot, who voted a polling station in a village in the mountains of a working area and family members.

Indonesians, 30, who has worked for 10 years in the United States, has lived in the United States since 1999, has lived in the United States since 1999, has lived in the United States since 1999.

Asked if the new constitution of 1999,

Megawati only said "I'm."

Analysts say Yudhoyono's politics is an old-fashioned one, who led the country to capture Islamic consensus blamed for the October 2002 Bali bombings and in August 2003 under an Islamic banner, may use his political power.

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**INDONESIA'S President Megawati Sukarnoputri (left) and her challenger Susilo Bambang Yudhoyono (right) after the start of a Cabinet meeting in a June 17, 2001 photo.**

He said he was for reform.

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## Iran rejects UN nuclear calls, may block checks

TEHRAN—A defiant Iran Sunday rejected a resolution by the UN Security Council calling for a halt to nuclear enrichment and demand for more open inspections if the case was referred to the Security Council.

"We will not accept any obligations concerning the suspension of enrichment," Iran's nuclear officials said Sunday, adding that the International Atomic Energy Agency called for a halt to nuclear enrichment activities.

The UN resolution adopted in Vienna last week says that if Iran does not accept the halt to enrichment, the UN Security Council will refer the case to the International Atomic Energy Agency.

Although Iran has agreed to accept the resolution, it said from now on it will accept the resolution "through negotiation" and it was a "voluntary decision."

But he also warned Iran would not be a participant of a UN Security Council if the UN Security Council was referred to the UN Security Council, as might be the United States.

The Islamic republic has a nuclear program in place, but it is not a member of the International Atomic Energy Agency, which has produced accurate predictions in previous elections this year.

Iran said the UN resolution was a "voluntary decision" and it was a "voluntary decision."

He said he was for reform.

## Britney does it again, ties knot for 2nd time this year



LOS ANGELES—Pop star Britney Spears tied the knot for the second time this year, marrying her dancer who has worked with the blonde, 25, on her album, according to a source. The wedding was held in a private ceremony at a friend's home in Studio City, California, Entertainment Tonight (ET) reported on its website.

After the wedding, which was attended by her mother and 30 guests, the newlyweds dined on chicken, spaghetti and ate at a nearby Mexican restaurant, ET reported.

Spears, whose last name is "Spears One-Three-Three," "Spears, I did it again" and "I'm a Slave 4 U," finished her performance in London where she married childhood friend Jason Alexander during a surprise ceremony in Las Vegas, Nevada.

The marriage, said 25, began before she obtained an abortion.

By marrying Alexander, Spears will become the youngest wife of her 30-year-old husband. The couple's relationship began in 1999, when Spears was 19 and Alexander was 29.

Spears had announced her plan to tie the knot in June. A wedding was scheduled in mid-July, according to the celebrity press.

The provocative singer was "bawling" and laughing after leaving the wedding with her new husband early Sunday, ET said.

Several sources close to Spears' husband reported that relations were strained by the wedding.

These reports were said by Spears' mother, who said she was the younger sister, Justin, who said she was the younger sister, Justin, who said she was the younger sister, Justin.

According to the source, Spears was a long and tall, and the couple's wedding was a black and white, while the bride wore a black dress, while the bride wore a black dress, while the bride wore a black dress.

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POP SINGER Britney Spears is shown in a wedding gown as she steps on the 2004 MTV Video Music Awards in New York on Aug. 28, 2003. (AP)



**Some militant party-list representatives have protested the reduction of their pork barrel (from 35 million to 10 million pesos each) for the latter half of 2004. Is their protest valid? Why or why not?**

Notice that megapost Rynard's Sunday's InqBox at our sister's 'Globe' site.

**Key in: Inquirer news**  
Name/city/message.  
Text your answers to  
2107 (Globe) or 282 (Smart).  
(Maximum of 150 characters)





















# METRO

Sub Editors: Corina & Blue, Team: G. Dizonagil

Text in your breakheadlines are from Metro's Philippine News 2007 (October 2007)



## Ara Mina's dad trapped in CR with unidentified woman

By Ruth L. Mansura

**IS NAB** the perfect name of young woman?

Former Quezon City Rep. Isidro "Chico" Malinao III was reported to be "NAB" in an area where a gaming station would soon be made establishment.

Police City officials and personnel found, making the arrest of arrest

Ara Mina, in the office of T-Center Pilipinas (Shawlin, Manila). The city officials were carrying out the arrest order for the gaming area for providing money.

Malinao's father said he was not at the office and would be in an adjacent comfort room.

He said an unidentified woman aged 30 years inside the room, from some Manila city employees,

and even reporters, stopped him to get out of the place and he was not at the office.

Malinao's father said he was not at the office and would be in an adjacent comfort room.

He said an unidentified woman aged 30 years inside the room, from some Manila city employees,

then, he said in Pilipinas that he was "NAB" in an area where a gaming station would soon be made establishment.

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## DEMOLITION IN MARIKINA

# 6,000 families face eviction

By Luigs A. del Puerto

**REDEVELOPMENT** a massive task in Metro Manila—the city is largely under the city of Marikina. It is a major reason why the former Marikina town is today a bustling and vibrant city.

Recent developments, however, have been slow.

Most 6,000 to 10,000 families in the Marikina District, one of the city's largest subdivisions, have been evicted from the area since 1994, according to a long legal battle between the city and Supreme Realty Development Inc.

City officials and experts, however, say a demolition is unlikely.

There, and the owner, might have the city's assets to make a compromise deal, in that case, it could not afford to "fight City Hall."

to identify the evictions, during the area and facilitate the payment of the land.

The project was supposed to be entered into the Community Mortgage Program.

In 1997, Judge Juan M. Salazar said the city had not kept to the deal.

The owner and member of the city's evictions in the area were not properly documented. He said at the time of the area or location of such family first deal, according to the judge.

"It was important," Salazar said, "the place's rights in the property was greatly reduced in the process. For the defendant has to offer appropriate and proper compensation."



MARICINA, PHILIPPINES

A resident of Marikina Subdivision in the Philippines could only survive his land to his home, as well as much of the community, because of the demolition of his home after several decades have passed. Residents are now asking Mayor Imelda Aragon for help.

**Now negotiators**

The judge then concluded the MCR, which would demolish to remove the property.

In that order, the removal of the structures in the area.

Appeals by the city in higher courts were dismissed one after the other.

In 1998, the Supreme Court found a Court of Appeals decision, which would demolish to remove the property.

On Aug. 27, 2004, Judge Jose C. Salazar of Marikina issued a writ of execution of the court's order to demolish the structures in the area.

The city was also ordered to compensate the city for the loss of the structures in the area.

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## Makati bans smoking in open areas

By Nancy C. Davila

**GOES** to be common in Makati City after the city council has passed a resolution to ban smoking in open areas.

The ban on smoking in public places is expected to be implemented in the city.

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## Rep. Diaz lied

**CONGRESS** Rep. Antonio Diaz (Luzon) said he did not lie to his colleagues in the House of Representatives.

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## METROBRIEFS

**Road ends for 3 suspects**

THREE of four suspected robbers who were arrested in the Marikina area have been sentenced to prison.

The court sentenced the three suspects to prison for the robbery.

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**Manila joins red plate watch**

THE METRO Manila City has joined the Department of Transportation in the Marikina area to monitor the red plate vehicles.

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**Rolling precinct combats**

IT WILL be a common sight to see a group of police officers patrolling the streets of Manila and Makati.

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**77 fall in phone theft drive**

AT 77 fall in phone theft drive, the police have arrested 77 suspects in the Marikina area.

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# Paragua nails down GM title

INTERNATIONAL Master Fabiano Caruana, 20, of Paraguay, defeated Russian Grandmaster Vladimir Kramnik in the 14th and penultimate round of the Alfabas tournament in Crimea, Ukraine, Sunday to complete his GM requirement and become the sixth and youngest Filipino ever to achieve the title.

The victory pushed the 20-year-old Paragua's total to a tournament-leading 34 points, enough to clinch the third and final GM title.

Paragua now joins Russia's Yury Shchekachev, who

2005 Paragua, the country's sixth GM, stands from Eugene Torre who obtained his young GM title in 1995.

## Priority urged for 16 sports

By Marc Anthony Reyes

IT'S TIME to prioritize Philippine sports. If the 16 sports of the 2008 Beijing Olympics have to be chosen to represent the country, the 16 sports should be chosen after consulting and listening to the people's voice.

President Gloria Macapagal Arroyo said that the 16 sports should be chosen after consulting and listening to the people's voice. She said that the 16 sports should be chosen after consulting and listening to the people's voice.

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**Kyowalite**

LASTS UP TO 6 HOURS

Light

**2006 TOYOTA 4Runner**

2.7L 4-CYL 150HP

4-DR 2WD

2006 TOYOTA 4Runner

2.7L 4-CYL 150HP

4-DR 2WD























# Fairies in photographs

Even Sherlock Holmes' creator, Sir Arthur Conan Doyle, became interested in the pictures

ALL fairy creatures simply fall into the category of "fairy people, without any objective reality? Do we have physical proof of their existence?"

I have a collection of about a dozen genuine photographs of spirits of the dead from several countries, including the Philippines. But pictures of ethereal creatures, such as fairies, are rare, indeed.

Though fairies were in many stories and songs, we shall confine our discussion to those in their usual or more common appearance as small beautiful female creatures with graceful wings and flowing—often sparkling—costly garments.

The most remarkable and contemporary photographic documentation of fairies were those taken by Frances Griffiths, 13, and her cousin Jane Wright, 15, of the Victorian Village of Cottingham in 1917. At the back of Griffiths' house was a beautiful glass wall and several tables laden by visitors.

It was here that the two girls saw beings which became their friends. When the girls visit their parents that there were, finally, taken to be photographs, the adults did not believe the youngsters. The girls told them they would prove the latter contrary.

Arthur Wright took from his camera and the girls each picture of each other in the glass. When Griffiths developed the film, he saw Frances, her hand under her chin, and several girls prancing around her. Unamused, Wright told the girls to make more photos. Another plate was loaded.

## INNER AWARENESS

James F. Langan



The time the pictures showed fairies with a little winged person in light and garment, up above flying into her lap.

What's more, even convinced the girls simply used their fingers of winged ladies from magazines, but could find no trace of their existence. The girls took all the photos were genuine.

### Sherlock Holmes' creator

Three years later, in 1920, the photos got into the hands of a Theosophist named Edward L. Gardner. He had the negatives developed by a professional photographer, an expert in latent photographs. (By Theosophy, Henry Ford, declared that the photographs in his hands).

When the photos were brought to the attention of the Sydney Conan Doyle, the famous author of the Sherlock Holmes detective stories, he became interested because he was planning to write about fairies and his imagination.

Doyle remembered the pictures for 50 years. He sought further proof of their authenticity. He sent the photos and negatives to Dublin, which declared it could not find any evidence of being, although it did not rule out such possibilities.

Gardner went to Cottingham and asked the girls to take more photos. By this time, the girls were aged 15 and 17. They were given a new camera with an easily marked plate. Three more photos were taken and each revealed the presence of spirits. The photographic company also offered their marked plates and, after study, declared the photos authentic.

It was after this that Doyle wrote his most controversial book, "The Coming of the Fairies."

### Not for publicity

Gardner, however, a Theosophist and clairvoyant, spent several weeks interviewing the two girls and was convinced of their honesty. They were not out for publicity and, in fact, asked Doyle to keep their names secret. They also refused payment for the photographs.

Experts pointed out that "fairy photographs" could have taken considerable time and would have required technical skills far beyond an amateur photographer.

Despite all the questions asked by these highly respectable and intelligent individuals, many remained unconvinced of the genuineness of the fairy photographs taken by the Cottingham girls. Langan gave them the names and personalities of the



PHOTO remained unconvinced of the genuineness of the fairy photographs taken by the Cottingham girls.

investigators. They pointed out that "fairy pictures" were deeply involved in the subject as an investigation of the personality, Holmes was a confirmed believer in fairies, Mrs. Wright was a theosophist, and for all his reputation as a skeptic, Conan Doyle had become susceptible."

In the Philippines, belief in fairies (called *angels* or *anitos*) is deeply ingrained in the people's psyche and consciousness because they have actually had personal and physical encounters with these beautiful angelic creatures. They used no photographs to convince them of their actual existence.

E-mail: [Jameslanigan@aol.com](mailto:Jameslanigan@aol.com). Letter to "Dear Abby" or Abby, 7-8 p.m., Sunday.

## More habits that can make you fat

Continued from page B1

random information service are getting calls and questions coming from disappointed customers who can't understand why they aren't losing weight. The problem: Doctors are seeing too many of these now-low-carb protein bars, muffins and brownies mixes, which are low in carbohydrates but often high in calories.

Hillkirk reported that the clinic of Dr. Arthur Agatston, author of "The South Beach Diet," had to advise of patients who "lose" gains topped up eating too many low-carb, high-calorie products." Matt Agatston, a registered dietician who works for Agatston, told Hillkirk that "one woman on the diet was sending herself water a day in a piece of low-carb chocolate and the one wondering why she was gaining weight."

No matter which way you look at it and no matter what diet you follow, low-fat is low-carb, calorie isn't matter. So don't go crazy with diet products.

calorie! The drinks are truly calorie-free (or below 5 calories, which is legally considered "zero") but research suggests that some people tend to eat more when they have a diet soft drink. This may be because they subconsciously believe they can have that second serving since they are already sharing calories or because the body needs to be activated to burn fat. It is not sugar and makes them hungrier.

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The 1999-2004 Symposium of Orthopedic Sports Clinic will hold its 1st Post Graduate Course, "Learn for the Sports Guy," Sept. 23-25, 2004, College of Medicine, Pundit G.D. Mehta, Topical Injuries: Scientific & Geriatric Athletes, The Female Athlete, Exercise Sports, Athletic Screening, Biomechanics Sports Concussions, and Management of Sports Injuries. Call 5043300.

For [www.sportsclinic.com](http://www.sportsclinic.com)



PARTY girls with models Ryo Pham (right) and Carey Williams

## Kiss the bachelors

THE PRIME: several of the *Conan Bachelor* boys from Sept. 21 at the NBC. Back: Post: Washington, D.C. City.

The event coincides with the airing of *Conan Bachelor* on Sept. 21.

Recently, lucky women picked up at *Single Bar* for one of a

series of *Conan Bachelor* boys from Sept. 21 at the NBC. Back: Post: Washington, D.C. City.

series of *Conan Bachelor* boys from Sept. 21 at the NBC. Back: Post: Washington, D.C. City.

## EXERCISE OF THE WEEK

### V-sit reach back



THIS Pilates-inspired exercise works the muscles of the trunk, abdominals and lower back.

**Equipment:** None. (You'll need a spotter.)

**Exercise technique:**

1. Sit with your knees bent and legs together. Hold the ball with both hands and arms straight in front of you.
2. Lean back slightly until you feel your abdominals engage.

3. Reach back with one arm while keeping both knees close to your torso.

4. Return to starting position.

**Performance tips:**

1. If you have a history of lower back problems, check with your doctor first.
2. You can do this exercise without the ball.

**Repetitions:**

Do five to 10 repetitions on each side. You can do all the reps on one side or alternate sides after each set.

## LIFESTYLE

## The two Cs you need for wellness

"You see that your life will become an end, but that it will not be a loss of anything." —John Henry Newman, British theologian

**H**OW do you separate the two Cs from the darkness? Every Lent's start with prayer.

In contemplating whatever task it is at hand, let's say your health plan, there are two major components: commitment and courage—themselves.

All tasks begin with a desire. Your heart must say "I want." In the spirit of John Maxwell's words, let's take a closer look at the two Cs.

**Commitment**  
It can mean many things to many people, always personal. It is the ability to stick to it, whatever that is, the never give up, the stick-to-it-ness, do-it-or-die attitude.

In a hurry, one to win a fight, I'm picking myself up from the first every time he falls. To a marathon runner, it's going the

distance, running a mile more beyond his/her limit. To the soldier, it's looking death in the face. To the student, it's achieving the highest point average possible. To the homemaker, it's ensuring her lot ways to sustain family harmony. To the business person, it's working beyond his/her capacity to meet buyers.

Perseverance isn't possible without the willingness to commit.

There can be no achievement without commitment.

**Application**  
Give yourself a reasonable health goal. If it's a weight loss/gain plan of 10 pounds, there are your reasons. Attach a reasonable timeline like two months.

Commitment is tested only by one thing—action. It is easy to say the words but to apply them is another challenge. For your health goal is motion.

Give and receive to achieve your dream body. On days you feel busy, have returned to get out of bed. This is the time you are truly tested.

There is one way to check if your commitment is on track. Get your calendar, appointment book and your checkbook. You will see where your time and resources



**INSIDE OUT**  
Cory Gutierrez

go. Realize that if you find they are off-track when compared with your personal goals.

**Courage**

It is said "true peace with courage is a trophy." The first real battlefield where a warrior's courage is tested is a person. We would people have to win but the battle within themselves.

Courage is not just an act of the moment of fear. It is having the faith going beyond it and actually doing what you have to do. One you embrace courage, then words are naturally well-honed. I will make it, no matter what."

**Application**  
• In given to courage, you've got to overcome it. Today, do something you have never done before—something, sing it, recite it, act it, play rock climbing, etc.

• Talk to any person's with whom you need to settle a problem or issue.  
• Take that giant step the

Courage is not the absence of fear but facing fear, going beyond it and actually doing what you have to do



ILLUSTRATION BY JEFFREY KAPLAN

stand and where you are.

- **Cap eyes**—People who have no goals and do not commit.
- **Child eyes**—People who don't know if they can reach their goals as they're afraid to commit.
- **Discipline**—People who cannot stand a goal but quit before the

going through.

• **All eyes**—People who are goals, commit to them and pay the price to reach them. Love and light!

Reference: "The 21 Indispensable Qualities of a Leader"

## New therapeutic chairs

YOU need not leave your home to enjoy the benefits of a good massage, reflexology session and other therapeutic procedures.

Come for a wide range of healthy lifestyle products, like massage chairs, foot reflexology rollers, professional, bubble massage and diagnostic equipment such as blood pressure monitors and pedometers.

The Blue Chair 00-707, for instance, promises complete relaxation from head to toe. Among other things, it gives a firm massage using fast tapping rollers with a one-minute episode and two programs for upper body massage.

It has an auto-time function of 15 minutes. The foldable backrest allows for easy storage.

The Blue Chair 00-707 has revolutionary infrared sensory technology that detects all the major 27 acupressure points in the body for a more effective massage. It offers, among others, a selection of manual programs and has a heater mechanism, which can reach up to 39°C for an effective heat therapy for users with sore and aching back (Chair's website).

The kneeling action increases circulation and aids in suppressing the

**PROMEC Chair 00-707**, the world's first massage chair that understands your body needs, is equipped with an auto acupressure point detection function and detection and massage of the major 27 acupressure points in your body.



Head and neck along the body.

Thus, a company involved in the design, product development, marketing and trading of healthy

lifestyle products, now operates over 200 outlets in Asia, including the Philippines, the Middle East, Europe and North America.

## Cerebral palsy sufferers, families hold homecoming

A HOMEcoming of persons with cerebral palsy and their families will be held 9 a.m.-4 p.m. today at the Philippine Cerebral Palsy Inc.

The activity is one of the highlights of the First National Cerebral Palsy Awareness and Prevention Week Sept. 14-22.

The wedding celebration was presided over by Presidential Proclamation No. 546, signed by President Gloria Macapagal Arroyo in Manila. The annual event will be devoted to organizing advocacy activities to increase the level of public awareness of disabling cerebral palsy, the hereditary (and non-hereditary) form of brain disorder.

It will also enable people aware that persons with cerebral palsy can be active and responsible partners in society building.

Former's living arrangements will feature selected persons with disability and cerebral palsy who will share their values in music and the arts. Through the cultural activities they share to be held at the San Juan Elementary School Gym.

The wedding celebration was spearheaded by the Cerebral Palsy Association of the Philippines (CPAP) with the National Council for the Welfare of Persons with Disability, Department of Health and other organizations and private organizations.

CPAP is also celebrating its 11th anniversary this month. Call 9400444 or 7104214.